




"Smile Stars Pediatric Dentistry and Orthodontics is committed to you and your needs. This commitment is founded in a "faith and value centric" purpose through services and trust. We are truly blessed by the opportunity to be a positive influence in the lives of you and your children."

<p>★ STAR PATIENT ★</p>  <p>#spreadkindness</p>	<p>SEPTEMBER</p> <p>The Cavity Free Club serves as a reward system to help our patients develop and maintain good oral hygiene habits. Patients without cavities at their routine cleaning and exam will become members of the club. Members of the club are entered into a monthly drawing to receive prizes!</p> <p><u>Winners will be announced the first week of October!</u></p>
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Caring For Your Child Athlete

<https://kidshealth.org/en/parents/power-drinks.html>

Sports drinks and energy drinks can include anything from sports beverages to vitamin waters to highly caffeinated drinks. They all have added ingredients that say they "do" something extra, such as increase energy and alertness, boost nutrition, or even enhance athletic performance. For most kids, drinking water before, during, and after playing sports will keep them hydrated. Some athletes who exercise for long periods or in very hot weather can benefit from a sports drink that has sugar and electrolytes. Most kids, even athletes, need only plain water to stay hydrated. It's best for kids to skip the energy drinks. Many of the ingredients haven't been studied in children and could be harmful. Instead, kids and teens who play sports can improve their game through hard work and practice. These lessons and values will serve them well both on and off the field.



Mouth Guards

With the new school year beginning, we know sports are kicking off, too! The following provides information on keeping your child's smile protected this season. Patti A. Sooy, RDH, BS states, "The American Dental Association estimates that mouth guards prevent approximately 200,000 injuries each year in high school and collegiate football alone. Currently, only boxing, football, ice hockey, men's lacrosse and women's field hockey require players to wear mouth guards. Other sports traditionally classified as non-contact sports, including basketball, baseball, bicycling, rollerblading, soccer, wrestling, racquetball, surfing, and skateboarding could also greatly benefit from properly fitted mouth guards. Unfortunately, dental injuries can be a negative aspect of participating in these sports. Direct blows to the teeth (from baseballs, footballs, elbows, the ground, and more) can be cushioned by a mouth guard. This cushion can prevent broken teeth and injuries to the lips, tongue, face, or jaw. A person with braces has an even higher risk for lip and cheek laceration. Sports mouth protectors can act as a buffer and help minimize the effects of mouth trauma. The rounded contours of a comparatively soft mouth guard can protect lips, cheeks, and even the tongue."

Let's reach for the stars and keep our smiles shining bright!

<https://nationsfootballclassic.com/best-football-mouthguards-reviewed/>

<https://www.rdhmag.com/pathology/periodontitis/article/16405117/mouthguards>



Swimming isn't just for the summer! Water surrounds us no matter the time of the year. One lesson per week is enough to not only keep your swimmer's skills sharp but also to keep them improving year round! We offer classes 7 days of the week so that you can make swimming lessons a part of your family's weekly schedule.

For more information:

- 225-673-3366
- www.crawfishswinschool.com



— **INSTAGRAM:**
@PJSBAYOUOAKS —

We haven't forgotten!



First Responders stop in on 9/11 for a free HOT or ICED coffee! Must be in uniform or show ID.

National Coffee Day 9/29

Stop in on 9/29 for a free HOT or ICED coffee!